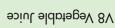


Value, Market Pantry and Also: Food Club, Great





Albertsons

Pantry, HyTop and

Family, Market

Flavorite, Our

Great Value,

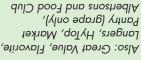
Also: Langers,

\*sbnəld %00 l ynA

Grape

Melch's White

Food Club Apple



White Grape Our Family Grape/











varieties. Healthy Balance No Premium or

əsiul %00 f ynA Old Orchard



bna biaM ətuniM snostrədlA

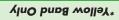
HyTop, Market Pantry,

Value, Food Club,

Also: Our Family, Great

Flavorite Apple

### 64 OZ. PLASTIC



∧αιίθtγ<sup>\*</sup> Any 100% juice welch's

Also: Food Club

Pineapple

rauders



Family, Flavorite and Albertsons

Also: Our

Red\White

Grapefruit

Ocean Spray

11.5 OZ. SHELF-STABLE CONCENTRATE

ναιίθτη Any 100% juice Soint yoint



11.5 OZ. SHELF-STABLE CONCENTRATE

### \*Welch's Yellow Band Only Also: Market Pantry

100% Crape\* welch's



(Green band only) Pole Juice %00 I YnA





Welch's



**Warket Pantry** 

Also: Albertsons and

Crape

Great Value



12 OZ. FROZEN CONCENTRATE

## MIC VITOMED JUICE



or organic.

**EGGS** 



Fresh, one-dozen package only, medium or large

No organic, brown, cage-free, speciality or pasteurized eggs.

# PEANUT BUTTER



18 oz. jar only, creamy, crunchy or chunky

No reduced fat, spreads, organic, omega-3, or enhanced. No added chocolate, jelly or

# BEANS, PEAS & LENTILS

Dry (1 or 2 lb. size) Canned (15 to 16 oz. size)

Any variety of plain beans, peas or lentils. Refried beans (fat free only)

No baked beans, green beans, sweet peas, chili beans, wax beans, pork and beans, bean mixes/soups or organic. No added sugars, fats, meats or oils.





## Breastfeeding – A Gift That Lasts a Lifetime

# **BREASTFEEDING WOMEN**

### **CHUNK LIGHT TUNA**

5 oz. can, water or oil packed.

No organic, albacore, individual serving or pouches.

### PINK SALMON

5 oz. or 14.75 oz. can



# **BREASTFEEDING INFANTS**



### **BABY FOODS** MEAT

Gerber 2.5 oz. jars

Varieties (with gravy): chicken, ham, beef, turkey Nature's Goodness 2.5 oz. jars

Varieties (with gravy): chicken, beef, turkey No organic, DHA, dinners or graduates.



North Dakota Department of Health WIC Program 600 E. Boulevard Ave. Bismarck, N.D. 58505 701.328.2496 • Toll Free 800.472.2286

USDA prohibits discrimination in its programs. To file a complaint, write:

**USDA** 

Director, Office of Adjudication and Compliance 1400 Independence Ave. SW Washington, DC 20250-9410



No chocolate or flavored, organic, rice or sweetened condensed

evaporated, Meyenberg Goat's Milk (quart, 12

free or reduced, non-fat dry milk powder (8 qt.),

protein, acidophilus, cultured buttermilk, lactose Whole, 2%, 1%, skim, calcium fortified, extra

Gallons only; half gallons or quarts if specified

deli cheese.

Мо гапдоп organic. swoked or bebber Jack ıngredients,

or spreads. No added

No sliced, cubed or shredded. No cheese foods, cream cheese

Monterey jack, string (no individually wrapped)

American, cheddar, colby jack, colby, farmer,

CHIEFSE

Swiss, mozzarella, marble jack, Muenster,

1 pound = 16 oz. or two-8 oz. packages 8 oz. or 16 oz. size, reduced fat allowed

No complete, light, fat-free, chocolate or vanilla.

8th Continent - original flavor only

milk. No Bessy's Best Milk.

ou check.

oz. can powder or evaporated)

Half gallons

weight or



**AS OF MAY 1, 2010** 



All fresh fruits and vegetables, including yams and sweet potatoes

Also allowed: pre-cut or packaged fruits and vegetables and bagged salads/coleslaw

No canned, jarred, dried or frozen fruits/vegetables. No potatoes (sweet potatoes and yams are allowed). No salad bar/deli items, pre-cut or packaged fruits and vegetables with dips, bagged salads with dressina. No fruit baskets or decorative vegetables (gourds, pumpkins)

No herbs and spices (ex., parsley, basil, cilantro, rosemary, thyme, etc.).



### **USING YOUR** CASH VALUE VOUCHER

The Cash Value Voucher (CVV) is cashed like a normal WIC check, but there are some slight differences:

- 1. The total value of the CVV is indicated on the check - you may purchase fresh fruits and vegetables up to the maximum value.
- 2. If the total purchase amount goes over the face value of the CVV, you may pay the difference in another acceptable tender (cash, SNAP/ Food Stamps, etc.).
- 3. If the total purchase amount is less than the face value of the CVV, you will not receive any cash back.
- 4. Each CVV needs to be processed separately and cannot be combined with the value of another CVV or another WIC check.



## BREAD

Must be whole-wheat or whole-grain bread 1 lb. (16 oz.) for women Up to 2 lbs. (32 oz.) for children

Our Family 100% Whole Wheat Bread (16 oz.) **Village Hearth** 100% Whole Wheat Bread (16 oz.) Wonder Soft 100% Whole Wheat Bread (16 oz.) Great Value 100% Whole Wheat Bread (20 oz.) Sara Lee Soft and Smooth 100% Whole Wheat Bread (20 oz.), Soft and Smooth 100% Honey Whole Wheat Bread (20 oz.), Classic 100% Whole Wheat Bread (16 oz. or 20 oz.) **Country Hearth** 100% Whole Wheat Bread (24 oz.) **Sweetheart** 100% Whole Wheat Bread (24 oz.)



# **BROWN RICE**

Must be plain, whole grain Bagged or boxed - instant allowed Up to 1 lb. (16 oz.) for women Up to 2 lbs. (32 oz.) for children

No Uncle Ben's, wild rice, blends, ready rice or organic rice.



# WHOLE WHEAT TORTILLAS

Up to 1 lb. (16 oz.) for women Up to 2 lbs. (32 oz.) for children

### **BRANDS**

Chi Chi's Whole Wheat (16 oz.) Carlita Whole Wheat (16 oz.) La Banderita Whole Wheat (12.7 oz. or 16 oz.) Resers Whole Wheat (15 oz.) Mission Whole Wheat (16 oz. or 17.5 oz.), Multi Grain (17.5 oz.) - No Carb Balance products Cruz Whole Wheat (12.8 oz.)

**Don Pancho** Whole Wheat (16 oz.) Ortega Whole Wheat (14.3 oz.)





# **SOFT CORN TORTILLAS**

Up to 1 lb. (16 oz.) for women Up to 2 lbs. (32 oz.) for children

Mission Yellow Corn extra thin (16 oz.), Yellow Corn super size (14 oz.), White or Yellow Corn (27.5 oz.) **Cruz** Corn (10 oz. or 27 oz.) La Burrita Corn (16 oz.)

Azteca Corn (27 oz.) **Don Pancho** Corn (16 oz.) La Banderita Corn (16 oz. or 27.5 oz.)





## COLD CEREALS – 12 oz. or larger



Grape-Nuts + ▲ & Grape-Nuts Flakes A



Cheerios ▲ & Multi-Grain Cheerios # ★ ▲



Complete All-Bran

Wheat Flakes ★ # + ▲





Oatmeal Sauares

(blue box only) ★ + ▲



Mini Wheats ▲ + Also: Bite Size + ▲, Unfrosted + ▲



Spooners ★ + ▲

Flavorite Crunchy Wheat & Barley

Also: Our Family Nutty Nuggets, Food

Club Wheat n Crunchy, Albertsons Crunchy

Wheat & Barley, Great Value Crunchy

Nuggets & HyTop Krunchy Nutties

Frosted Mini



Also: Our Family 4



Crispix Also: Flavorite, Our Family Crispy Hexagons, Food Club

Twin Grain Crisp



Honey Bunches of Oats

Shredded Wheat



Great Value Frosted Also: Our Family, Food Club. Albertsons. Flavorite HyTop & Market Pantry



Our Family Toasted Oats Also: Flavorite, Food Club, Albertsons, Great Value, HyTop and Market Pantry



Also: Albertson's Wheat & Rice Flakes, Great Value Multi Grain Flakes



Bran Flakes + ▲ Also: Flavorite, Our Family, Food Club, Also: Flavorite, Albertsons, Our Family, Albertsons, HyTop and Great Value



Corn Flakes Food Club, Great Value & HyTop



Also: Flavorite, Our Family, Albertsons, Food Club, Great Value/HyTop Crisp Rice



Malt O Meal Crispy Rice ★



## **HOT CEREALS**



Malt O Meal plain ★ or chocolate ★



Quaker Instant Oatmeal (original only, packets only) Also: Flavorite, Our Family, Food Club, Albertsons, Great Value, HyTop and Market Pantry



Cream of Wheat (1 min., 2 ½ min., 10 min.) Whole Grain + ▲

### CEREAL **KEY**

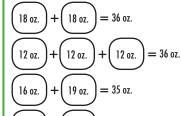
★- 100% FOLATE/ FOLIC ACID

# - 100% IRON

+ - 4 GRAMS OR MORE OF FIBER

▲ - 51% OR MORE WHOLE GRAIN

### Buy any combination of cereals 36 oz. or less.



= 36 oz.

24 oz.

12 oz.

# **INFANT CEREAL**





8 or 16 oz. box – rice, oatmeal, mixed, whole wheat, barley

No added fruit or formula, organic or DHA.



Gerber - 4 oz. jars, single ingredient only 2nd Foods - fruits: applesauce, bananas,

pears 2nd Foods - vegetables: sweet potatoes, squash, carrots, green beans, peas



**Gerber** – 3.5 oz. plastic (two packs), single ingredient only 2nd Foods - fruits: applesauce, bananas, pears, peaches

2nd Foods - vegetables: sweet potatoes, squash, carrots, green beans, peas



Fruits: applesauce, bananas, peaches, pears Vegetables: carrots, green beans, squash, sweet peas, sweet





No organic, DHA, dinners, desserts, combinations (ex., apple blueberry), 1st Foods, 3rd Foods or diced.



## **FORMULA**



Brand, size, and amount as indicated on check. No substitutions or exchanges

allowed.

